



January 2010

Menus Subject to Change Without Notice

Milk served with meal.

723-3303



Mon

Tue

Wed

Thu

Fri



TAKE OUT MEALS If you want a take out meal, please sign up a day in advance and contact Rocheal. Every meal that goes out of the kitchen must be accounted for. We appreciate your cooperation.

**1
Center Closed**

HAPPY NEW YEAR

4

Tamale Pie
Zucchini
Tossed Salad
Biscuit
Carmelita

5

Russian Chicken
Rice
Asparagus
Tomatoes/
Cucumbers
Whole Wheat Bread
Cookie

6

Birthday Party
Salisbury Steak
Whipped Potatoes/
Gravy
Mixed Vegetable
Broccoli Raisin Salad
Whole Wheat Roll
Cake and Ice Cream

7

Baked Fish
Scalloped Potatoes
Spinach
Cole Slaw
Whole Wheat Bread
Apple or Applesauce

8

Spaghetti/Meat
Sauce
Italian Blend Vegeta-
ble
Caesar Salad
Bread Stick
Ginger Pear Cake

11

Gillies Dollar Days
Meat Loaf
Baked Potato/Sour
Cream
German Blend Vege-
table
Spinach Salad
Biscuit
Cinnamon Roll

12

Oven baked Chicken
Au Gratin Potatoes
Mixed Vegetable
Carrot Raisin Salad
Whole Grain Roll
Fresh Fruit

13

Chicken Vegetable
Soup
Mini Chef's Salad
Cottage Cheese/Pear
Salad
Veggies/ Dip
Cookie

14

Myers Day
Chicken Fried Steak
Whipped Potatoes/
Gravy
Peas and Carrots
Fruited Cole Slaw
Biscuit/Honey Butter
Peaches

15

Swiss Steak
Noodles
Brussels Sprouts
Tossed Salad/Kidney
Beans
Whole Wheat Bread
Brownie

18

Center Closed For
Martin Luther King Jr.
Birthday

19

Swedish Meatballs
Rice
Baked Squash
Tossed Salad/
Garbanzo Beans
Muffin
Peaches

20

Turkey Steak
Mashed Potatoes/
Gravy
Broccoli
Fruit Cup
Biscuit
Cookie

21

Shepherd's Pie
Steamed Carrots
Cole Slaw
Whole wheat Roll
Frosted Banana Bar

22

Roast Pork
Stuffing/Gravy
Spinach
3 bean salad
Whole Wheat Roll
Fresh Fruit

25

Porcupine Meatball
Mashed Potatoes/
Gravy
California Blend
Vegetable
Whole Wheat Roll
Tossed Salad/Kidney
Beans
Fresh Fruit

26

Tuna Casserole
Capri Blend
Vegetable
Muffin
Fruited Jello Salad
Peach Cobbler

27

Stuffed Pepper
Steamed Carrots
Tossed Salad/
Garbanzo Beans
Cinnamon Bread
Lemon Bar

28

Combination Burrito/
Chicken Green Chili
Salsa
Tomatoes/Lettuce
Bean Medley
Diced Pears
Corn Muffin
Chocolate Pudding

29

Roast Turkey/
Cranberries
Mashed Potatoes /
Gravy
Green Beans
Stewed Tomato
Whole Wheat Roll
Fruit Pie